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# Planning Your Family Food Supply

A Guide for County Extension Workers



- Well-Balanced Diet
- Buy or Produce
- Using Food Dollars Wisely



Growth Through Agricultural Progress

PA 425  
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## TO COUNTY EXTENSION WORKERS:

This booklet is prepared for county extension agents—men as well as women—so they can better help families plan a well-balanced food supply.

The approach to planning the family food supply in this booklet differs from most plans in two distinct ways. (1) Good nutrition is considered more important than economy. (2) Families are encouraged to make an intelligent decision, not be told what they should do.

A well-balanced diet comes first in any kind of family planning. The health of a family is influenced more by the food they eat than by any other factor. Whether you buy the food or grow your food supply, it is wise to put an adequate diet before economy. Poor health is never good economy.

This booklet—(1) touches briefly on what makes a good diet, (2) presents the pros and cons of whether to buy or produce six major foods, and (3) offers ideas on better use of the family food dollar.

On buy or produce you'll find questions that may help your families decide the kind and amount of food they need, what they can produce, what they will buy. You'll find other questions to help them decide: Are they willing to put forth the effort to get the most value from their food dollar? Are they able and willing to produce part of their food supply?

Most families will need further information to carry out their plans. These facts can be relayed to them via your own State publications, demonstrations, radio, TV, and other means. You may adapt this booklet, for example, to include your own State figures on cost of various diets.

The "you" in this manuscript means the family or homemaker herself. We've used the "you" approach to make it easy for county extension agents to use with families or homemakers.

Feel free to reprint this, adapt it, or buy copies from Superintendent of Documents, Washington 25, D.C.



# Planning Your Family Food Supply

A Guide for Extension Workers

Evelyn B. Spindler  
Extension Nutritionist

## BASED ON A WELL-BALANCED DIET

An adequate diet is more important to your family than money. The health and happiness of your family depend on it. If you want your family to be well fed and at the same time to get your dollar's worth of value, it will pay you to think through your plan carefully.

### Is Your Family Getting the Kind and Amount of Food It Needs?

That's one of the first questions you'll want to try to answer. Here's one way to find an answer.

Suppose you check the food each member of your family ate yesterday against A Daily Food Guide. Everyone needs these essential foods each day.

#### A DAILY FOOD GUIDE

##### Milk Group

Adults.....	2 or more cups
Children.....	3 to 4 cups
Teenagers.....	4 or more cups

##### Meat Group

2 or more servings  
Beef, veal, pork, lamb, poultry, fish, eggs.  
As alternates—  
Dry beans, dry peas, nuts.

##### Vegetable-Fruit Group

4 or more servings  
Include—  
A citrus or other fruit or vegetable high in Vitamin C.

A dark-green or deep-yellow vegetable for Vitamin A.

Other vegetables and fruits, including potatoes.

##### Bread-Cereal Group

4 or more servings

Whole grain, enriched or restored.

If you find each member of your family eats these foods every day, then your family is well fed. If they do not eat these essential foods, then you need to take a look at the food you provide and include more of these essential foods in your meals. Additional information can be obtained on the needs of your family from A Daily Food Guide, L 424.

### What Determines Your Family's Food Needs?

The *number* of persons in your family.

Their ages.

The amount of their *physical activity*.

Their *likes* and *dislikes*.

Any *special diet* problems.

Since it costs almost 2 to 3 times as much to feed a teenage boy as an infant, families with older children need to spend much more for food than families with young children.

Family members who do physical work need more food than those who are "desk" workers. A special diet does not always require food that is different. Persons on such a diet may often select food from well-balanced menus. A diabetic person, for example, can select the food he needs from a carefully planned and well-balanced diet.

## How Much Food Is Recommended for Your Family Each Week?

Add the amount required by each member according to the age and sex in Table 1, page 16 and you will get the *total* amount of food your family needs for a week.

## What Is the Average Cost of an Adequate Diet?

To feed a family of four adequately for one

week on a “moderate-cost diet” would cost an average of \$32. See Table 2, page 17. The low-cost plan would cost about \$24 and the liberal plan \$37 per week. All figures apply to July 1960.

You may not be spending enough money for food to obtain the type of food your family needs. A survey made by the U.S. Department of Agriculture in 1955 indicated many families were not. Can you shop better or produce part of the food you need?

## WHAT TO BUY, WHAT TO PRODUCE?

### Can Home Production Cut Your Cash Food Costs?

Yes and no. Producing your own food has both advantages and drawbacks. You need to study all the pros and cons of both buying and producing. Sometimes your family will be better off to buy some food, other times to produce



Buy?



Produce?

part of your own food supply. You need to look at both sides before deciding.

You can reduce the money you spend for food by producing some of it yourself. Milk, meat, and eggs account for 51% of the average food expenditure. The more of these you produce, the less actual cash you'll spend for food. But remember, it *costs* something to produce foods even though it often costs more to buy them.

Studies show your family will probably be better fed if you produce part of your food supply.



In a 1952 USDA study of farm families, replies showed that families who produced no milk, meat, or eggs spent \$6 per person per week for food; but those who produced all three of these spent \$3 per person per week—only half as much cash. This was not all savings because it does cost something to produce these items.

## **Your Cost of Producing May Vary Greatly**

Land, labor, and feed you use to produce beef for home use, for example, could often be used for commercial production. Your own or your family's labor is worth something. You must also buy seed, fertilizers, and pesticides.

Producing \$100 worth of food will *not* cut \$100 from your food bill because:

Families that produce food eat better.

You will probably eat more vegetables if you have a garden.

Families use greater variety than they produce.

Even though you produce chicken and pork, you will want some other meats for variety.

Families need a year-round supply of a food.

One cow will not supply milk the year round.

## **In Which Case Will Your Family Be Better Fed?**

Would your family eat better if it produced some of the food it eats? Studies show that families that raise their own food usually eat more of that food than the family that has to buy it.

Would they eat more of the protective foods—milk, eggs, vegetables, fruits, and meats—if they produced them at home?

Would you get more variety in your meals by producing some food? You may be able to use cash you save to purchase other foods for variety.

## **How Would Production Fit Into Your Family's Plans?**

What foods do you now produce? What foods could you produce?

Who in the family would produce this food?

Do you have the necessary land, housing, and equipment or would you need to buy or rent it?

Do you know how to produce your own food or are you willing to learn?

Are you willing to be tied down by the routine work of keeping a cow, chickens or a garden?

Could one of your children do this work as a 4-H project?

Do local health or zoning regulations permit you to raise the food? Even in rural non-farm areas, you may find regulations against raising chickens or pigs.

How can you dispose of any surplus? Do you plan to freeze or can it? Do you have a market for selling it? Are you going to have a year-round supply? Have you the proper storage?

## **What Kind and Amount of Food Will Your Family Produce?**

The answer here will depend on your situation. In deciding whether you will produce or buy a given item of food, for example, beef, you may want to estimate the cost of producing it, and compare that with the cost of buying it.

Does a food make your diet more adequate? Does it provide variety? Will you have a year-round supply? These are important factors in deciding whether to produce or buy a given food. They differ for each family. Your best guides are your own careful judgments. Base them on the best available information about dietary needs, costs and your family's tastes.

If you decide to produce part of your food, what will be the best for you—vegetables, fruits, dairy cows, chickens, pork, or beef? Consider several of these before you decide which will offer your family the most advantages. See pages 7 to 12.

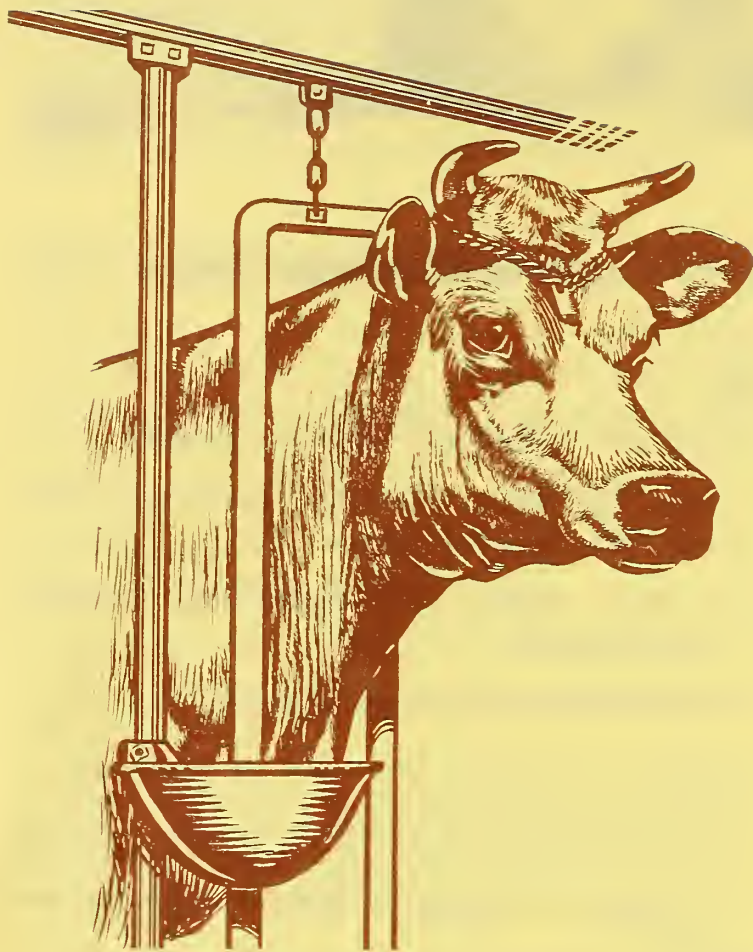


## A horizontal illustration of various vegetables including tomatoes, corn, lettuce, onions, potatoes, a barrel, carrots, cabbage, and a mushroom.

Answer the following questions, *Yes* or *No*. The number of *Yes*'s and *No*'s does not always determine whether or not you will have a home garden. But your answers can help you decide how much gardening you do.

Do you like high quality fruits and vegetables such as vine-ripened tomatoes, tree-ripened peaches, and good homegrown sweetcorn?

- Suitable site, soil and water supply available.
- Families usually eat more vegetables when they grow their own.
- May be able to grow a better quality than you can purchase.
- No good supermarkets nearby.
- Gardening enjoyed as a hobby.
- Garden tools, including a good sprayer or duster available.
- Adequate storage space.



## Keep a cow?

If you do not operate a dairy farm, you will need to decide whether to produce or buy milk. Answering *Yes* or *No* to these questions may help you decide.

### BASIC CONSIDERATIONS

Will local health regulations permit you to keep a cow?

Do you have at least one-half acre of land, adequate housing, and good water supply?

Are dairy feeds easily available?

Is your family willing to be tied down with the routine work of keeping a cow—365 days each year?

Can one of the children enroll in a 4-H dairy

project and sell milk to the family for home use?

Can you use family labor to greater advantages in other ways?

Can you sell seasonal milk surpluses?

Can you breed your cow to a beef bull to produce part of the meat supply?

Will the milk you produce at home be pasteurized?

### OTHER CONSIDERATIONS

#### Buy?

- Powdered or evaporated milk may stretch your budget.
- May consume less dairy products if bought.
- Milk can be bought in most food markets.
- No investment needed.
- Quality of milk and dairy products may be higher.

#### Produce?

- Home milk production may assure an adequate supply.
- Milk is usually available for making butter, cheese, ice cream and other dairy products.
- Keeping a cow may create a fly problem.
- Someone must feed and milk your cow each day regardless of what else your family might like to do.
- Investment in cow, equipment and supplies necessary.
- Quality of milk depends upon health of cow, adequate refrigeration and clean utensils.

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Prepared by Richard E. Burleson, Extension Dairyman, FES.



# POULTRY MEAT

## BASIC CONSIDERATIONS

Have you a dependable, convenient commercial source of poultry meat?

Have you an adequate freezer locker or home freezer?

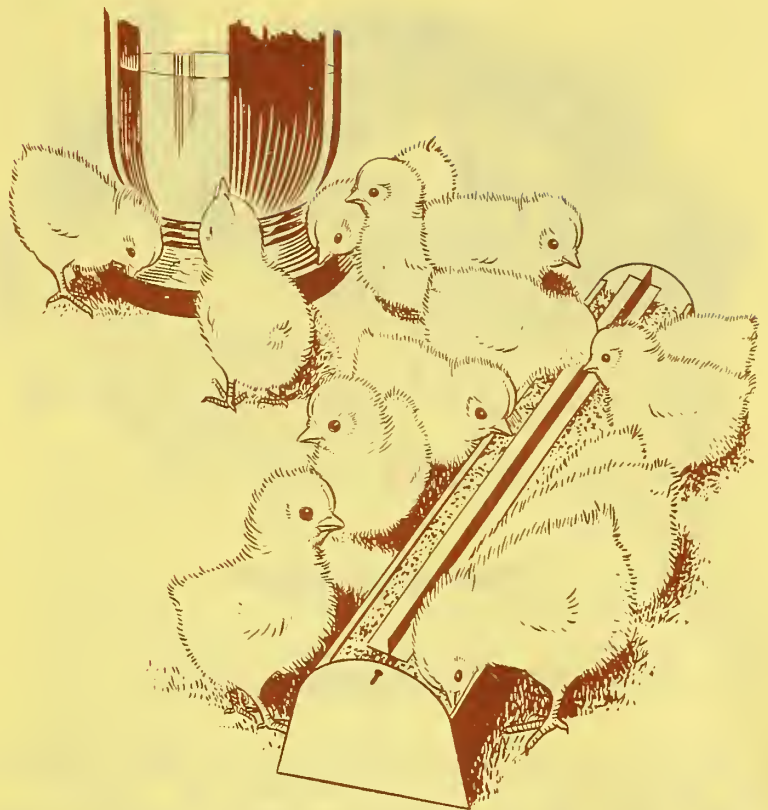
Can you afford to buy lots of poultry when prices are low?

Can one of your children take a 4-H project in raising broilers?

Have you the buildings, equipment, and feed for special broiler growing?

Who in the family has time for daily chores and dressing chickens?

Do your local health regulations allow you to keep chickens?



Raise broilers?

## OTHER CONSIDERATIONS

### Buy?

- Supermarkets often offer poultry at special low sale prices. Quantity purchases when prices are low will save money if you have freezer space.
- Commercial broilers are one of the lowest cost sources of meats.
- No money is tied up in equipment or poultry when the housewife buys on a daily basis.
- Low cost home production of poultry meat requires skill. You must give careful, regular, and daily attention to the flock.
- Purchased poultry is usually prepackaged and ready for freezing.
- Greater variety of poultry products available in the markets. Some of the ready-cooked

varieties are not too expensive and can be served as special dishes on short notice.

- Turkey is available in most stores at a very reasonable price.

### Produce?

- You may eat more poultry if you produce it rather than buy it.
- One or more members of the family may enjoy taking care of chickens. Children may need regular tasks such as this.
- Frequent shopping may not be economical. Lack of store competition may limit supply of poultry at bargain prices.
- If equipment and surplus labor are available the cost of poultry production should be low enough to compete with commercial producers.

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Prepared by C. E. Bell, Animal Husbandry Specialist, and W. R. Jenkins, Poultry Specialist, FES.



# EGGS



## Keep a laying flock?

### BASIC CONSIDERATIONS

Have you a reliable source of fresh eggs nearby?

Are you in a position to make regular purchases? This involves money, shopping time or delivery, and transportation.

Do you have suitable housing for a laying flock? Who in your family has time for daily chores—feeding, watering, and gathering eggs?

Can one of your children have a 4-H project on a laying flock?

Will you feed a balanced ration to the birds at all times?

Will your local health and sanitation regulations permit you to keep poultry?

### OTHER CONSIDERATIONS

#### Buy?

- Most local stores offer eggs graded for quality and size. The homemaker can select eggs to fit needs and pocketbook.

- No need for investment in laying flock and equipment. Higher rate of return from other investments.
- No need for special skills and labor required for low-cost egg production.
- No need for space for laying flock—avoids risk of odors and unsanitary conditions.
- Greater flexibility in providing for changing needs of the family if eggs are purchased.
- Eliminates need for large storage facilities to maintain stocks for short supply.
- Only small amount of capital tied up in storage stocks or supplies.

#### Produce?

- Your family can be assured of fresh, high quality eggs if you practice good management.
- Most families will probably eat more eggs if they produce them.
- Care of flock provides employment for unused labor—may offer useful experience to children of family.
- Culls from laying flock provide meat for table. Increases value of cull hens if consumed rather than sold.
- Requires daily attention of skilled operator if cost is to be less than for purchased eggs.
- Some retail dealer may not store eggs properly to maintain highest quality.
- Hard to maintain constant supply of eggs to meet needs of the family because of seasonal changes and age of birds.
- Eggs put in storage when in surplus supply for use in short supply periods may not be as good quality as those available in stores.

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Prepared by C. E. Bell, Animal Husbandry Specialist, and W. R. Jenkins, Poultry Specialist.

# PORK

## BASIC CONSIDERATIONS

*Yes* or *No* answers to these questions will help you decide.

Have you a modern meat market in a convenient location?

Are you able to take advantage of special sales of pork at reduced prices?

Where would you get healthy feeder pigs: From your own sow? Buy them from a neighbor?

Will local health regulations let you raise hogs? Have you an ample supply of homegrown grain and/or kitchen waste?

Is there a child in the family interested in a 4-H pig project?

Are there more important uses for family labor? Have you adequate pen, feed and water facilities?

With your weather conditions can you cure pork without artificial refrigeration?

Are custom slaughtering and curing facilities available locally?

Do you have adequate facilities available for storing frozen and cured pork?

## OTHER CONSIDERATIONS

### Buy?

- Cost may be reduced if fresh pork is purchased in quantity for freezing. Less opportunity to do this with cured pork cuts.
- When hogs are plentiful and the price is down, it is usually cheaper to buy pork rather than produce.
- Don't buy pork, even at bargain prices, un-



### Raise your own pork?

less it bears an inspection stamp and a grade or brand stamp.

- Purchase pork with color ranging from grayish pink to a delicate rose; flesh that is firm, fine grained and free from moisture; and lean that is well marbled and covered with firm white fat.
- Family can select cuts which they desire for economy and taste and vary the meat diet.
- Family prefers pork products available in market to home cured.

### Produce?

- Curing, smoking and disposal of excess lard often presents a problem for the family.
- Families eat more meat when the smokehouse and freezer are filled.
- Need skill and experience to provide a constant supply of meaty pork from meat-type pigs.
- Poor weather conditions for curing pork can result in spoilage.
- Custom slaughtering and curing, freezing fresh cuts and protecting cured pork against insect damage can minimize losses.
- Family can cure, smoke and season hams, bacon, and sausage to suit taste.



## BEEF



**Raise your own beef?**

### BASIC CONSIDERATIONS

Do you have a modern meat market nearby?

Can you take advantage of special sales of beef and veal?

Does your family prefer baby beef? Mature beef? Veal?

Have you a source of calves available on the farm? Beef or milk cows that could be bred to a beef bull?

Is one of the children interested in a 4-H beef calf project?

Is raising beef for food the best use of your family labor?

Do you have an ample supply of homegrown grain, roughage and pasture?

Have you adequate shelter, fencing and water supply?

Have you custom slaughtering and community food locker facilities available?

Have you access to sufficient freezer space to store packaged beef from a whole carcass?

### OTHER CONSIDERATIONS

#### Buy?

- Many families obtain good buys at nearby markets if they purchase in quantity during special sales. Wholesale purchase of quarters or sides is sometimes as thrifty as home production.
- All beef should bear an inspection stamp and a grade or brand stamp. Good to top quality beef has a moderately thick fat covering; lean is firm, velvety in appearance, and fine in grain; and bones of young beef are porous and red—in older animals white and flinty.
- Family can select cuts and variety which they desire.
- Need skill to select good buys from the market.
- Families may prefer fresh over frozen beef.
- Family may prefer “aged” beef.

#### Produce?

- Beef can often be produced more cheaply than bought, if ample pasture, homegrown grain and roughage are available.
- Less preferred cuts will have to be consumed in order to use the entire carcass. Frozen beef may be more convenient and economical.
- Selecting right age, type of animal, and appropriate feed for desired finish requires skill and experience.
- To properly age beef requires refrigerated storage facilities.
- Slaughtering on farm requires skill and labor. Custom killing facilities may help.

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Prepared by C. E. Bell, Animal Husbandry Specialist, FES.



## Practical to Can or to Freeze?

In making this decision you will want to consider many things.

If you produce fruits, vegetables or meat you will probably want to preserve some of it. It may be more economical to produce the food you can or freeze. Sometimes you may find that it is worthwhile to purchase food and preserve it at home.

A plan for home food preservation should consider what is produced, the amount of various foods needed, and the food preferences of your family as well as your facilities for freezing and canning.

People with food on their shelves and in their freezers tend to eat better.

Answering the following questions may help you find whether it is to your advantage to can or freeze food. You may find a combination of both will please your family best.

### BASIC CONSIDERATIONS

Have you or will you buy proper equipment for

Canning\_\_\_\_\_ Freezing\_\_\_\_\_

Do you have skill in

Canning\_\_\_\_\_ Freezing\_\_\_\_\_

Do you enjoy getting foods ready for

Canning\_\_\_\_\_ Freezing\_\_\_\_\_

Are the foods you produce best preserved by

Canning\_\_\_\_\_ Freezing\_\_\_\_\_

Is there a possibility for a 4-H Club project in

Canning\_\_\_\_\_ Freezing\_\_\_\_\_

Is it cheaper to buy food than to do

Canning\_\_\_\_\_ Freezing\_\_\_\_\_

What foods does your family prefer preserved by

Canning\_\_\_\_\_ Freezing\_\_\_\_\_

## OTHER CONSIDERATIONS

### To Can

- Know how to use pressure canner for meats and nonacid vegetables.
- Food canned in the past rarely spoiled.
- Have canning equipment, but freezing equipment limited.
- Have cool, dark, ventilated place to store canned foods.

### Not to Can

- Afraid to use pressure canner.
- Food canned in past spoiled and so is wasteful.
- Adequate space for freezing foods.
- No place for adequate storage.

### To Freeze

- Have space in home for freezer.
- Will freeze enough food to keep freezer full.
- Having food on hand is convenient.
- A good freezer locker is nearby.
- Current is certain and electricity is low in cost.

### Not to Freeze

- No good place for freezer.
- It costs from 12 to 28 cents per lb. to process and store food in freezer.
- Markets are nearby—unnecessary to keep food.
- No community locker is available.
- Electricity is expensive, current is uncertain.

## BETTER USE OF YOUR FOOD DOLLAR

Can you get better nutrition for your family without spending more money for food? You may be able if you are willing to spend some time planning and informing yourself. In many cases you will not be able to spend fewer dollars, but you will be able to eat better for the money you spend.

Here are some basic principles to help you feed your family well.

### Base Your Plan on an Adequate Diet

What foods should you eat each day to be well nourished? Page 4 of this bulletin gives you the daily food guide. For further information, see A Daily Food Guide, L 424, and Nutrition . . . Up to Date, Up to You, GS 1.

Do you use a food plan to see what your family needs? A food plan helps you know that over a long period of time you are getting enough essential foods and not too much sugars, fats, and starches. You'll find such a plan in (1) Foods for Family with Young Children, G 5; (2) Food for Families with School Children, G 13; and (3) GS 1 already mentioned.

Can you make intelligent substitutions on basis of nutritional values? This knowledge may pay big dividends.

Are you using up-to-date methods for food preparation? If you overcook your food, you may be wasting nutritional value as well as time and fuel.

### Estimate What Your Family Should Spend on Food

How much should your family spend on food? There is no definite answer, of course. The amount spent on food differs with each individual family. Some families do not spend enough money for food to obtain the type of food that family needs. This may be dangerous for good family health.

Table 2, page 17 gives the estimated cost of 1-week's food to be prepared and served at home based on the average retail prices of food in 46 cities in July 1960. These costs are based on low-cost, moderate-cost, or liberal food plans which will provide a balanced diet.

If you wish to compare your food expenditures with these plans, you will want to keep records of what you spend for *food alone*. Such items as soap, cleaning supplies, paper towels, cigarettes, etc., should be subtracted from the total before you compare your food costs with figures for these plans. Do not be disturbed if you spend a little more or less for food. These costs are based on U.S. averages, so you should not expect your expenditures to be exactly the same.

Do you have records of how much you actually spend? If not, it will probably pay you to start keeping records so you can analyze how much money you do spend. Try keeping a record of food bills for at least 1 week. If this is all you do, at least it will help you know where you are. If repeated at 3-month intervals, it will help to guide your food spending.



How do you shop?



Do you buy foods with actual nutritional value in proportion to cost? Foods high in calories and low in other nutrients may add dollars to your food bill without adding good nutrition.

## Know Relationship Between Time, Energy, and Money

If you spend less money, you will need to give more time to planning and usually more time and energy to buying and preparing food. When you buy more carefully, you must acquire knowledge and make careful comparisons—this requires time and energy.

### IN SHOPPING FOR FOOD

Do you make a shopping list and use it as a guide? Money can easily be wasted on impulse purchases.

Do you buy in a market where prices are generally low or moderate?

Do you know how to judge quality of fruits, vegetables, eggs and meats? Some extra time spent learning how to select and buy intelligently may mean a real saving in money.

Do you use fruits, vegetables, and eggs when they are in season locally? Often they are cheaper at this time.

Do you compare prices for the best size, quality and amount? Small eggs or Grade B eggs may represent a real savings to your family.

Do you save by purchasing larger amounts of food when you can use them or store them properly? Larger size cans may be cheaper per unit but if they are too large for your family they can be wasteful.

Do you read newspaper advertisements for good buys or specials?

Do you listen to broadcasts on plentiful foods?

### IN PREPARING MEALS

Do you balance the time spent with the cost? If you spend more time in preparation, the cost is usually less than if you buy that article already prepared. The U.S. Department of Agriculture has shown that meals prepared at



### Are home prepared meals cheaper?

home from the individual ingredients cost least while those purchased ready to serve cost most, with the partly prepared meals somewhere between. You will want to make your own comparisons.

Do you keep the waste in your kitchen at a minimum? A careful check on the waste from your refrigerator alone may surprise you.

### IN STORING FOOD

Have you considered your storage facilities? Do you have a cool, dark, storage space for vegetables and fruits? Do you have storage for flour that is insect-proof, dry and large enough to handle the amount your family will eat in a reasonable time? Do you use your refrigerator to greatest advantage?

### IN PRODUCING AND PRESERVING

Are you able to produce some of your own foods? See pages 7 through 12.

You may be able to save money by canning and freezing food. See page 13.



**Table 1. Food Plan at Moderate Cost: Suggested weekly quantities of food (as purchased, assuming average choices within groups) for 19 sex-age groups.**

Sex-age group <sup>1</sup>	Milk, cheese, ice cream <sup>2</sup>	Meat, poul- try, <sup>3</sup> fish	Eggs	Dry beans, peas, nuts	Grain prod- ucts <sup>4</sup>	Citrus fruit, toma- toes	Dark-green and deep- yellow vegetables	Pota- toes	Other vege- tables and fruits	Fats, oils	Sugar, sweets
Children:	<i>Qt.</i>	<i>Lb. Oz.</i>	<i>No.</i>	<i>Lb. Oz.</i>	<i>Lb. Oz.</i>	<i>Lb. Oz.</i>	<i>Lb. Oz.</i>	<i>Lb. Oz.</i>	<i>Lb. Oz.</i>	<i>Lb. Oz.</i>	<i>Lb. Oz.</i>
Under 1 year.....	6	1 4	6	0 0	0 12	1 8	0 2	0 8	1 8	0 1	0 2
1-3 years.....	6	1 12	6	0 1	1 0	1 8	0 4	0 12	2 12	0 4	0 4
4-6 years.....	6	2 4	6	0 1	1 12	2 0	0 4	1 0	4 0	0 6	0 10
7-9 years.....	6	3 0	7	0 2	2 0	2 4	0 8	1 12	4 12	0 10	0 14
10-12 years.....	6½	4 0	7	0 4	2 12	2 8	0 12	2 4	5 8	0 10	0 14
Girls:											
13-15 years.....	7	4 8	7	0 2	2 12	2 8	0 12	2 4	5 12	0 12	0 14
16-19 years.....	7	4 4	7	0 2	2 8	2 8	0 12	2 0	5 8	0 10	0 12
Boys:											
13-15 years.....	7	4 12	7	0 4	4 0	2 12	0 12	3 0	6 0	0 14	1 0
16-19 years.....	7	5 8	7	0 6	5 0	3 0	0 12	4 4	6 4	1 2	1 2
Women:											
20-34 years.....	3½	4 4	6	0 2	2 4	2 8	0 12	1 8	5 12	0 8	0 14
35-54 years.....	3½	4 4	6	0 2	2 0	2 8	0 12	1 4	5 4	0 8	0 12
55-74 years.....	3½	4 4	6	0 2	1 12	2 4	0 12	1 4	4 4	0 6	0 8
75 years and over.....	3½	3 12	6	0 2	1 12	2 4	0 12	1 0	3 12	0 6	0 8
Pregnant.....	7	4 4	7	0 2	2 4	3 8	1 8	1 8	5 12	0 8	0 12
Lactating.....	10	5 0	7	0 2	2 12	5 0	1 8	2 12	6 4	0 12	0 12
Men:											
20-34 years.....	3½	5 8	7	0 4	4 0	2 12	0 12	3 0	6 8	1 0	1 4
35-54 years.....	3½	5 4	7	0 4	3 8	2 12	0 12	2 8	5 12	0 14	1 0
55-74 years.....	3½	5 0	7	0 2	3 4	2 12	0 12	2 4	5 8	0 12	0 14
75 years and over.....	3½	5 0	7	0 2	2 12	2 8	0 12	2 0	5 4	0 10	0 12

<sup>1</sup> Quantities of food suggested here are based on growth and activity levels believed to fit average conditions in this country.

<sup>2</sup> Fluid whole milk or the calcium equivalent of milk products. Count as 1 cup milk, ⅓ pound cottage cheese (creamed), 1 pound cream cheese, 1¼ ounces cheddar cheese, about 3 large dips or 1 scant pint ice cream.

<sup>3</sup> Meat, poultry and fish including bacon and salt pork. Protein content of group assumed to be 62 grams per pound. Bacon and salt pork not to exceed ¼ pound for each 5 pounds of meat group.

<sup>4</sup> Weight in terms of flour and cereal; count 1½ pounds of bread and baked goods as 1 pound flour.

**Table 2. Estimated cost of one week's food,<sup>1</sup> July 1960—U.S.A. average.**

Sex-age groups	Low-cost plan	Moderate-cost plan	Liberal plan
	<i>Dollars</i>	<i>Dollars</i>	<i>Dollars</i>
<b>FAMILIES</b>			
Family of two, 20-34 years <sup>2</sup> .....	14.00	19.00	21.40
Family of two, 55-74 years <sup>2</sup> .....	12.40	17.60	19.10
Family of four, preschool children <sup>3</sup> .....	20.80	27.60	31.50
Family of four, school children <sup>4</sup> .....	24.00	32.30	36.70
<b>INDIVIDUALS</b>			
<b>Children:</b>			
Under 1 year .....	3.00	3.80	4.10
1-3 years .....	3.70	4.60	5.30
4-6 years .....	4.40	5.70	6.10
7-9 years .....	5.20	6.80	7.80
10-12 years .....	6.10	8.20	9.40
Girls, 13-15 years .....	6.40	8.70	10.00
16-19 years .....	6.50	8.70	9.90
Boys, 13-15 years .....	7.00	9.60	10.90
16-19 years .....	8.30	11.20	12.70
<b>Women:</b>			
20-34 years .....	5.50	7.60	8.50
35-54 years .....	5.30	7.40	8.30
55-74 years .....	5.00	6.90	7.80
75 years and over .....	4.80	6.50	7.30
Pregnant .....	6.80	8.90	9.80
Nursing .....	8.60	10.90	12.10
<b>Men:</b>			
20-34 years .....	7.20	9.70	11.00
35-54 years .....	6.70	9.10	10.10
55-74 years .....	6.30	8.60	9.60
75 years and over .....	6.10	8.30	9.20
Per capita .....	5.70	7.70	8.80

<sup>1</sup> These estimates were computed from quantities in low-cost, moderate-cost, and liberal food plans published in tables 2, 3, and 4 of the October 1957 issue of *Family Economics Review*. Quantities for children were revised January 1959 to comply with the 1958 NRC Recommended Dietary Allowances. The cost of the food plans was first estimated by using the average prices per pound of each food group paid by nonfarm survey families at 3 selected income levels. These prices were adjusted to current levels by use of *Average Retail Prices of Food in*

<sup>2</sup> Ten percent added for family size adjustment. For derivation of new factor see "Differences in Per Person Food Costs in Large and Small Households," September 1960 issue of *Family Economics Review*.

<sup>3</sup> Man and woman 20-34 years; children, 1-3 and 4-6 years.

<sup>4</sup> Man and woman 20-34 years; children, 7-9 and 10-12 years.

Household Economics Research Division, ARS, U.S. Department of Agriculture

## SUGGESTED REFERENCES

You have decided to put forth the effort to get your dollar's worth of value in food. This paper gives you a few ideas, but to get enough information to make them really workable you need to go further. These references give you other useful facts. You can get the booklets free or for the small cost shown.

### **Foods and Nutrition**

Food, Yearbook of Agriculture, 736 pp., 1959, \$2.25. (Order from the Superintendent of Documents, Government Printing Office, Washington 25, D.C.)

Nutrition . . . Up to Date, Up to You, GS 1, 1960.

A Daily Food Guide, L 424, 1958.

Food for Family With Young Children, G 5, 1960.

Food for Families With School Children, G 13, 1960.

Food Guide for Older Folks, G 17, 1959.

Nutritive Value of Foods, G 72, 1960.

Getting Enough Milk, G 57, 1957.

Eat a Good Breakfast . . . To Start a Good Day, L 268, 1959.

### **Food Production**

Growing Vegetables in Town and City, G 7, 1958.

Suburban and Farm Vegetable Gardens, G 9, 1951.

Hand Sprayers and Dusters, G 63, 1959.

Farm Beef Herd. F 2126, 1958.

### **Food Preparation**

Turkey on the Table the Year Round, G 45, 1958.

Root Vegetables in Everyday Meals, G 33, 1953.

Dry Beans, Peas, Lentils . . . Modern Cookery, L 326, 1957.

Meat for Thrifty Meals, G 27, 1953.

Money-Saving Main Dishes, G 43, 1955.

Pork in Your Meals, DA 405, 1959 (slight revision in process).

### **Food Preservation**

Freezing Combination Main Dishes, G 40, 1954.

Freezing Meat and Poultry Products for Home Use, G 15, 1951.

Home Freezing of Poultry, G 70, 1960.

Home Canning of Fruits and Vegetables, G 8, 1957.

Home Canning of Meat, G 6, 1958.

Home Freezing of Fruits and Vegetables, G 10, 1957.

Home Cured Meat: How to Protect It from Insects, L 385, 1960.



## Consumer Information

Home Freezers . . . Their Selection and Use, G 48, 1956.  
A Fruit and Vegetable Buying Guide for Consumers, G 21, 1955.  
U.S. Grades for Beef, L 310, 1957.  
Know the Eggs You Buy, PA 70, 1956.  
Know the Poultry You Buy, PA 170, 1952.  
How to Buy Eggs by USDA Grades and Weight Classes, L 442, 1958.  
How to Buy Poultry by USDA Grades, MB 1, 1959.

## Storage

Home Storage of Vegetables and Fruits, F 1939, 1960.  
Home Care of Purchased Frozen Foods, G 69, 1960.

## List of Other Publications

Popular Publications for the Farmer and Homemaker, Lt. 5, 1960.

**Extension Workers:** Please order from Distribution Section, Division of Management Operations, Federal Extension, Service, U.S. Department of Agriculture, Washington 25, D.C.

**Others:** Please order from the Office of Information, U.S. Department of Agriculture, Washington 25, D.C.

*PLAN YOUR MEALS AROUND THESE*

## DAILY FOOD NEEDS



2 or more cups of MILK; more for children

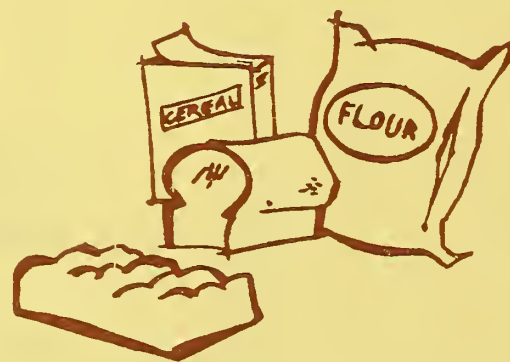


2 or more servings of MEAT or alternate



4 or more servings of VEGETABLES and  
FRUITS

4 or more servings of BREAD and CEREALS



and other foods for complete and satisfying meals

For further information write for Leaflet No. 424, Food for Fitness, A Daily Food Guide,  
available from the U.S. Department of Agriculture, Washington 25, D.C.